Tuesday, Sept. 9, 2014

TORONTO metro

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CILIC CLOBBERS COMPETITION TO CLINCH U.S. OPEN WIN

CROAT OVERPOWERS JAPAN'S NISHIKORI, WHO WOULD HAVE BEEN FIRST MALE ASIAN CHAMP PAGE 27

Ride-sharing app may be Uber illegal

City official voices concerns around background checks, training, security, insurance and more as legal staff begin investigating the issue PAGE 3

That's my secret — I'm always angry

But what works for The Hulk may not work for you. Try one of these anger-diffusing tactics when a petty dispute threatens to blow up PAGE 16

A sibling on the horizon for the little Prince George

Prince William and Duchess of Cambridge expecting their second child PAGE 6

$4 a year for land of riches

Treaty signed in 1850. First Nations say they have been cheated out of millions in land fees

First Nations signatories of one of Canada's founding treaties are set to start a landmark court action Tuesday against the federal and provincial governments on what they say is a failure to live up to terms of a deal made more than 150 years ago.

Nearly two dozen First Nations fall under the Robinson Huron Treaty of 1850, a vast territory encompassing 92,463 square kilometres in the middle of Ontario stretching from Sudbury to the shores of Lakes Superior and Huron and points north.

In exchange for use of those lands by the crown, indigenous people were told they each would be paid $2 a year with regular increases as profits from the land grew, said Mike Restoule, chairman of the Robinson Huron Treaty Trust Fund.

But there has been only one annuity increase of $2 in 1874 and nothing since, even though the area contains vast mining, forestry and land resources that corporations and the government have profited from for decades, said Restoule.

Currently, the 24,000 to 30,000 descendants of the Ojibway Indians covered under the treaty each receive $4 a year.

Failure to make regular annuity increases means the First Nations are seeking restitution and a clearer understanding of future payments.

A figure between $500 million and $1 billion is not out of the question concerning how much is owed, but Roger Jones, a member of the Robinson Huron legal team, said they want a full accounting of profits made from the lands before arriving at a firm number.

The Ojibway affected by this treaty have tried to seek a fairer deal from both levels of government since 1852.

Neither federal nor provincial government representatives returned calls to Torstar News Service on Monday.

TORSTAR NEWS SERVICE

Consequences

A court decision could possibly affect numbered treaties across Canada with annuity payments that haven't been adjusted since the 19th century.

STORY CONTINUES AT METRONEWS.CA

THE CROWD GOES WILD

Reese Witherspoon creates a huge buzz as she arrives for the movie Wild on the red carpet at Roy Thompson Hall on Monday. In Wild, Witherspoon plays an angry woman venturing into the wilderness on her own with a mission: save herself. More TIFF coverage, pages 13-15.

STEVE RUSSELL/TORSTAR NEWS SERVICE

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N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

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Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

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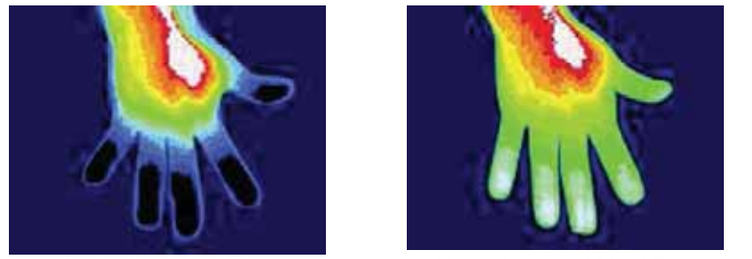
BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

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Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

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FIVE THINGS YOU NEED TO KNOW TODAY

1
COMMFFEST
The Global Community Film Festival's Commffest International Art Exhibition continues until Sept. 12 at Metro Hall, featuring art, photography and mixed media.

2
GET STYLING
Join Sandra Quigley for a free workshop at the North York Central Library, on the science of personal dress and how to apply it to your existing wardrobe.

3
AN APPLE 6 A DAY
Apple is expected to unveil two versions of the latest incarnation of its smartphone today: One with a pretty big screen and one with a really big screen.

4
MAGNOTTA TRIAL
Jury selection has begun in the trial of Luka Magnotta, who faces charges, including first-degree murder, in connection with the infamous 2012 body-parts case.

5
FOR THE SOON-TO-BE ROLLING STONES
Rocker Keith Richards' first children's book, Gus & Me, about his granddad, is out today.

Ride-sharing service raises concerns

Cheaper option. City says UberX may be violating bylaws and a danger to the public

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

City officials are warning people who have signed up to drive for the new UberX ride-sharing service to consult a lawyer, as it may not be legal.

Tracey Cook, executive director, municipal licensing and standards, said the service, which launched in Toronto and Mississauga on Monday, may be in contravention of Toronto bylaws. The city's legal staff are looking into the issue.

"Based on the information currently available, the city is concerned that the UberX service may pose a serious safety risk to the public, including those who are signing on as drivers," Cook said.

"The city is concerned that the drivers do not hold a city-issued licence, which ensures the adequacy of the background screening, nor have the drivers taken the required training as mandated by the city, which would also include safety awareness training for the driver. The vehicles may not be equipped with the same security provisions as licensed taxis, such as cameras, nor have they undergone a city-mandated mechanical inspection and may be inadequately insured."

UberX offers a cheaper ride option to city-registered taxis, by allowing regular people who are not licensed taxi drivers but have been pre-screened by Uber, to pick up passengers in their own car.

Clients use a smartphone app to request a ride and the request is sent to the nearest driver, who then decides whether to accept it. Payment is processed in the app.

Passengers can also split their fares with strangers who are heading in the same direction, lowering their costs.

UberX's fees are lower than the metered rate set by the city, sometimes by up to 40 per cent.

City of Toronto taxi bylaws prohibit drivers from charging passengers less than the meter rate, with the exception of assistance for disabled or elderly people and flat rates for trips that go outside of city limits.

Ian Black, general manager for Uber Toronto, said ride-sharing is legal in Toronto and different from a taxi service.

"I think the City of Toronto will embrace UberX," he said.

"There is no regulation that currently applies to ride-sharing."

Uber's background checks are more thorough than the city's background checks on taxi drivers, he said. UberX's drivers must not be licensed taxi drivers, though some former taxi drivers have signed up to drive for UberX.

Uber is already facing 35 licensing charges in relation to its regular service. The company has been accused by the City of Toronto of operating a brokerage without a licence.

Uber denies it is a taxi or limo brokerage and is disputing the charges in court.

Follow Jessica Smith Cross on Twitter @jessiecatherine

Details

UberX already operates in many cities, and has faced legal trouble in other jurisdictions. The concept is similar to the San Francisco-based Lyft, a ride-sharing service currently available in the U.S.

Toronto Maple Leafs' sniper Phil Kessel is Rider Zero for the UberX launch on Monday, taking his first trip in a Tesla.
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Cultural complex planned for U of T

What will fill the void that was left in 1995 when the McLaughlin Planetarium was forced to close, less than three decades after it was created? The answer will come today in an announcement from University of Toronto president Meric Gertler.

The U of T proposes to demolish the building and create a mega-cultural complex at 90 Queen's Park Cres. At the heart of it will be a new Jewish Museum of Canada, backed through a partnership with a group of philanthropic families led by Isadore and Rosalie Wise Sharp, with the help of the United Jewish Appeal of Greater Toronto.

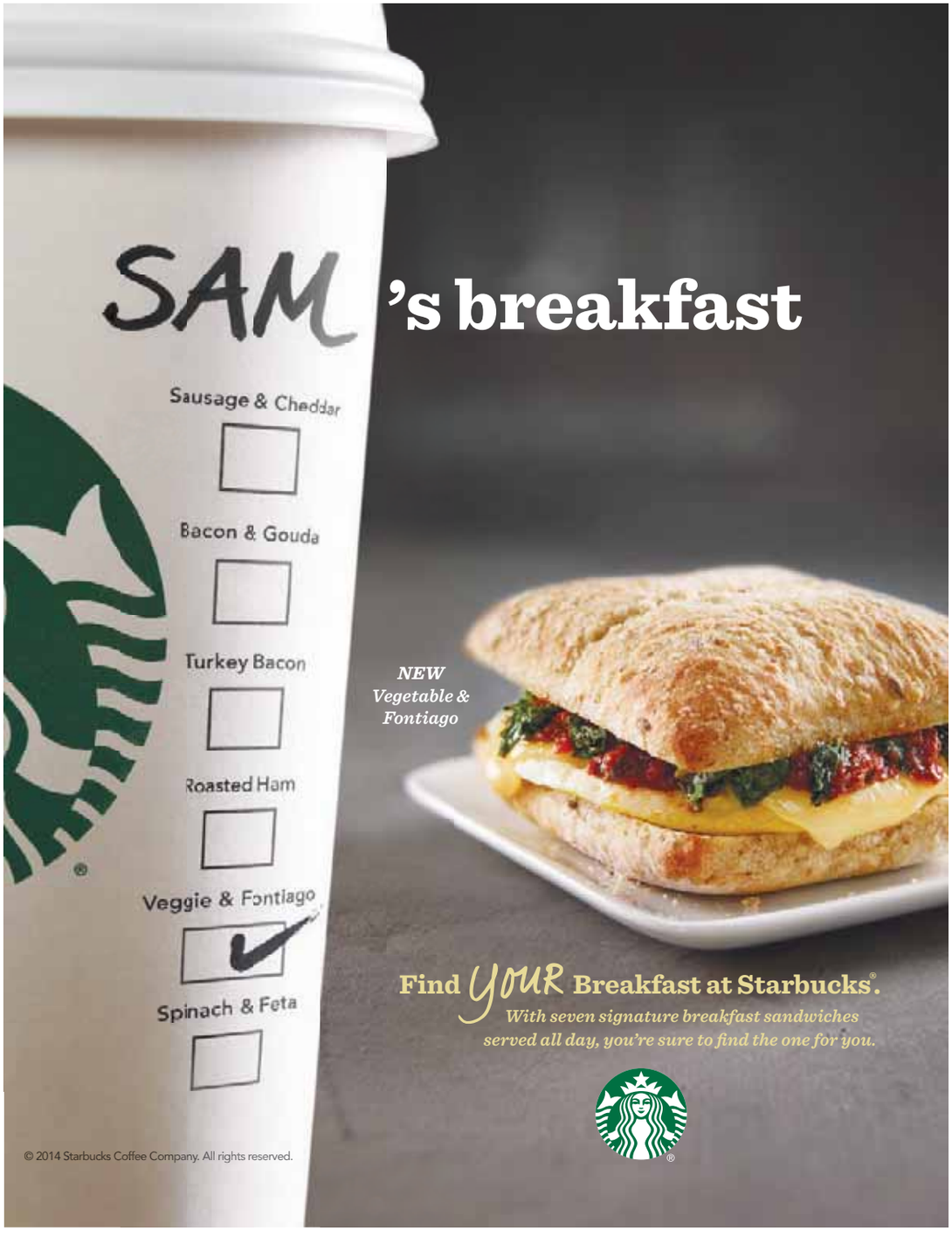
In addition, the university plans to create a new 250-seat performance hall for the Faculty of Music and house the Institute of Islamic Studies and several other university departments, including history and Middle Eastern civilizations.

The new museum will become a principal tenant. Next to the new building will be a plaza linking the campus to the Museum subway stop, the ROM and Philosophers' Walk.

Gertler says the complex is in the early stages of planning and approvals. After consultations with the community, the next stage will include choosing an architect and principal contractors. Officials are optimistic that the museum can open its doors within the next five years.

"We are mindful of the fact that the community expects to be engaged and consulted," Gertler promises. "Our goal is to define the scale of the project in keeping with the city's interests."

TORSTAR NEWS SERVICE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FASWorld's FASD awareness event at Yonge and Dundas in 2013. FACEBOOK

A flash mob for a cause

FASWorld. Charity to hold event at Yonge-Dundas Square to raise awareness of fetal alcohol spectrum disorders (FASD)

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Men, women and children will be putting balloons under their T-shirts today, so that they look pregnant and converge on Yonge— a decidedly silly approach to draw attention to a very serious problem.

"FASD, or fetal alcohol spectrum disorders, are the most common, most expensive and yet most preventable of all mental disorders in the industrialized world," said Brian Philcox, co-founder of the charity FASWorld.

The pregnant pause flash mob is an attention-seeking technique the charity is using to try to get the message out to men and women everywhere: It is not safe to drink during pregnancy — at any time or in any amount.

FASWorld disputes any studies that suggest low to moderate drinking in pregnancy is safe. As do the Public Health Agency of Canada and Health Canada, which state that there is "no safe amount, and no safe time, to drink alcohol during pregnancy."

In the mid '90s, Philcox and his wife Bonnie Buxton discovered their adopted daughter, Connie, had FASD. Buxton said that today, Connie is thriving, but she wasn't always.

"She was on the streets and addicted to crack as a teenager," he said. "We didn't know what on Earth was going on here, why she was behaving in a crazy fashion."

Buxton saw a television program on FASD and realized that Connie was showing the signs that her development had been damaged by her birth mother's drinking during pregnancy.

"These kids have a lot of difficulty with school, with cognitive reasoning, with predicting consequences, coping with life in general and not learning from experience," said Philcox. "So many of them end up abusing substances just to try to feel normal and they often end up in the justice system."

Philcox said 30 per cent of women — from all educational levels and socio-economic groups — drink alcohol during pregnancy.

Not every child whose mother drinks during pregnancy grows up with FASD, however, and the effects range from mild to severe.

Symptoms

FASD symptoms include: learning disabilities, impulsiveness, lying, stealing, tantrums, violence, aggression, lack of conscience and susceptibility to addiction.

Toronto mapping privately owned public spaces

Signs to mark the way. Hundreds of privately-owned plazas, courtyards, parkettes open for public use

They are the grey areas between public and private space, and they exist to make cities like Toronto a bit less, well, grey.

Now the city is taking great pains to catalogue and map its inventory of hundreds of privately owned but publicly accessible spaces (POPS): the urban plazas, parkettes and courtyards owned by developers but paid for, in part, by the public.

It's all part of an effort to clarify the use of these spaces, an effort that now includes posting welcome signs at all new POPS in the city, after a recent council vote.

"We now have council direction, every time we secure a new one of these spaces, to make sure there is signage included on that space that states that it is publicly accessible," said Toronto urban designer James Parakh.

Those small signs are so far only posted at two POPS in the city: Concord CityPlace and the yet-to-open 300 Front St.

"For the retroactive ones, we're making the public aware of them by putting them on our website," he added. "And when we can, we might be putting signs in those spaces, but the priority going forward is making sure every new space is signed."

Approximately 100 POPS are now on the city's online map, with an estimated 300 spaces still to be found and plotted.

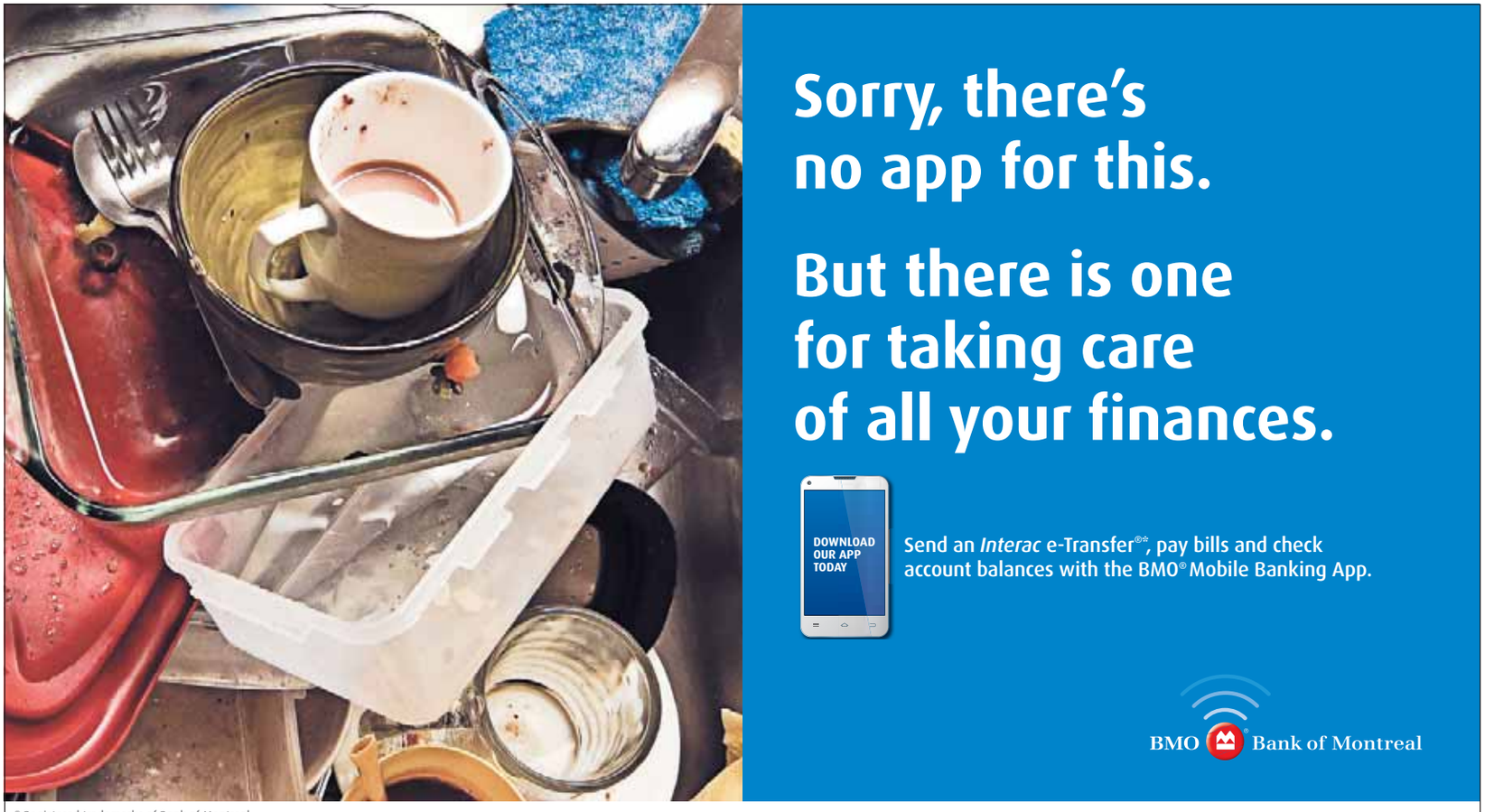
In many cases, Parakh said, the POPS management team relies on the public to bring existing spaces to their attention.

Some of Toronto's most iconic public-private spaces actually predate the city's use of POPS agreements and are, therefore, technically no-trespassing zones.

The lawn in front of TD Centre on Wellington is a popular fair-weather hangout, made all the more so for kids thanks to its resident herd of climbable cow sculptures.

And yet, The Pasture is technically off-limits to the public from the city's perspective, as there exists no formal agreement for the public to use the space, according to Parakh. **TORSTAR NEWS SERVICE**

The Pasture, by Joe Fafard, in the courtyard at the TD Centre.
KATE LEBLANC/TORONTO STAR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Lotto takeover

Ontario wants Bell, Rogers to bid on lotto takeover

You could soon be able to buy a Lotto 6/49 ticket on your BlackBerry or iPhone.

The cash-strapped provincial government is banking on a bidding war between Canada's largest telecommunications companies for its lucrative lottery business. Ontario Lottery and Gaming unveiled the final stage of the sell-off of its $1.3-billion-a-year lotto ticket trade on Monday. Sources say that both Bell and Rogers are expected to bid on the property.

Insiders admit OLG has not maximized the revenues it can make from lottery sales. That's because tickets are mostly sold at corner stores and supermarkets to older customers instead of online, via smartphones, or at big-box retailers to more youthful demographics. **TORSTAR NEWS SERVICE**

Thousands wait for affordable housing

The number of Ontario households waiting for affordable housing has jumped again — just as Queen's Park ponders a new provincial pledge to end homelessness.

Wait lists grew by more than 6,600 households last year to a record 165,069, the largest single-year increase since 2010, according to a new report released Tuesday.

The average wait for a rent-geared-to-income unit in Ontario is almost four years, says the Ontario Non-Profit Housing Association in its annual report. But in some communities, households can wait almost 10 years before being offered an affordable home.

Residents in Peel, York and Toronto face the longest waits, averaging more than eight, seven and six years respectively, according to the association, which has been collecting wait-list data for 10 years.

"These numbers show that the affordable housing crunch is not going to be solved by the current approach," said the association's executive director Sharad Kerur.

Kerur welcomed last week's provincial promise to make ending homelessness part of its new anti-poverty plan.

But like other observers, Kerur wondered how the government could achieve the ambitious goal without a strategy, a deadline or money to fund it.

Queen's Park has matched Ottawa's $801 million five-year investment in affordable housing. However, the association estimates Ontario needs $1.3 billion a year over the next 10 years to meet the need.

Demand for affordable housing has been on a steady rise since 2006, according to the association, which represents more than 163,000 non-profit housing units in more than 220 Ontario communities. **TORSTAR NEWS SERVICE**

Prince George to welcome new baby brother or sister

Duchess of Cambridge expecting. Kate is being treated for acute morning sickness

Britain's Prince William and Kate Duchess of Cambridge and the Prince during a visit to the Sensational Butterflies exhibition at the Natural History Museum, London. JOHN STILLWELL/THE ASSOCIATED PRESS

Prince George is not going to be an only child for long — the toddler will soon have a baby sister or brother to share his fancy digs at Kensington Palace.

British royal officials said Monday that Prince William and the Duchess of Cambridge, the former Kate Middleton, are expecting their second child.

Once again, Kate is being treated for acute morning sickness in the early phases of her pregnancy. The first time she was so ill she required hospitalization.

Now she is being treated by doctors at her residence in Kensington Palace. She cancelled a planned engagement in Oxford to rest and receive medical care.

Prince William told well-wishers in Oxford that Kate should be over the worst of her symptoms in a few weeks. He repeatedly thanked people for congratulating him and said Kate was disappointed she could not travel.

"She wishes she could be here," he said. "She's feeling OK, thanks. It's been a tricky few days — week or so — but obviously we're basically thrilled. It's great news, and early days. We're hoping things settle down and she feels a bit better."

The new baby, boy or girl, will become fourth in line to the throne, pushing Prince Harry to fifth.

George, who is 13 months old, is third and likely to become Britain's monarch one day. William is second in line, while his father, Prince Charles, is first. THE ASSOCIATED PRESS

Ukraine. Poroshenko gives speech of strength in southeast coastal town

Ukraine's president made a surprise trip Monday to a government stronghold in the turbulent southeast, delivering a fiery speech to hundreds of workers in hard hats in a dramatic show of Kyiv's strength in the region.

"This city was, is, and will be Ukrainian!" President Petro Poroshenko told metal plant workers in the embattled coastal city of Mariupol.

Poroshenko's trip to the strategic port, just days after it faced sustained rebel fire, underscored that Kyiv is unlikely to willingly loosen what remains of its grip on Ukraine's rebellious east. It also came as a tenuous ceasefire appeared to be holding Monday between the Russian-backed separatists and Ukrainian troops in eastern Ukraine.

The president spoke from a stage decorated with Ukraine's blue and yellow colours after leading the room in singing the national anthem. But despite the symbolic display of strength, Poroshenko was often on the defensive in his speech, insisting that he had not agreed to Friday's ceasefire out of weakness. THE ASSOCIATED PRESS

Ukrainian President Petro Poroshenko, centre, greets workers during his visit to the Ilich Iron and Steel Works in the southern coastal town of Mariupol, Ukraine, Monday. SERGEI GRITS/THE ASSOCIATED PRESS

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Let it snow, let it snow!

A snow-covered tractor and hay bales sit in a field during a late summer snow storm near Cremona, Alta., Monday. Snowfall warnings have been issued for much of the province over the next couple of days. JEFF MCINTOSH/THE CANADIAN PRESS

Employment. Feds focus on recognizing foreign work credentials in fall

The Conservatives have made the recognition of foreign credentials for new immigrants a top priority in the fall, but skilled newcomers have told government-commissioned researchers there are huge obstacles preventing them from finding jobs despite their being qualified to work in Canada.

In a report prepared earlier this year by Environics Research, newcomers in 12 focus groups across the country said other issues hinder their ability to get work.

The participants — including doctors, pharmacists and engineers — said language barriers and requirements for Canadian experience pose the biggest problems. It was felt formal recognition of foreign credentials was not a major barrier to employment.

A spokesman for Employment Minister Jason Kenney said the government commissioned the study in order to determine why skilled immigrants had trouble finding work. THE CANADIAN PRESS

Ottawa

Firm ordered to pay job-seeker $8,000 for saying it 'only hires white men'

Ontario's Human Rights Tribunal has ruled an Ottawa-area company discriminated against a foreign-born job applicant by telling him it "only hires white men."

The tribunal has ordered Ottawa Valley Cleaning and Restoration to pay $8,000 to Malek Bouraoui, who was denied a job last year.

Bouraoui said after applying for a job, he received a call from a man named Jesse, who asked what country he was from and whether he was white or black. THE CANADIAN PRESS

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What does the future hold for television?

'Let's Talk TV.' The CRTC has started a national conversation about TV, and everyone from the cable companies to Google has plenty to say

Online delivery services such as Netflix and YouTube would be harmed — as would consumers — if regulations for Canada's broadcast industry are extended to the digital world, says Google Canada.

The content driver issued the warning Monday at the start of two weeks of Canadian Radio-television and Telecommunications Commission hearings looking at how consumers view and pay for TV programming.

Some of Canada's conventional broadcasters and distribution firms argue that online platforms should be forced somehow to make mandatory contributions to the country's television programming system.

The CBC, as one example, argues that the CRTC should require unlicensed content providers and distributors with more than $25 million in annual revenues to pay into the Canada Media Fund.

Others, including the media fund itself, along with Ontario's Culture Ministry, have questioned whether online services should be exempt from licensing and regulation.

THE CANADIAN PRESS

Market Minute

DOLLAR 91.13¢ (-0.77¢)

TSX 15,509.39 (-60.53)

OIL $92.66 US (-$0.63)

GOLD $1,254.30 US (-$13.00)

Natural gas: $3.88 US (+$0.10)
Dow Jones: 17,111.42 (-25.94)

Republican support for the Yes vote in the Scottish referendum appears on a mountain in West Belfast, Northern Ireland on Monday. THE ASSOCIATED PRESS

Yes? Scottish independence vote sends pound to new low

The British pound slid to a 10-month low against the dollar Monday and shares in Scotland-based companies fell, after opinion polls suggested the campaign for Scottish independence could be edging toward victory.

A Yes vote in next week's referendum would end Scotland's 307-year-old union with England and plunge Britain into uncharted constitutional and economic waters.

For months, polls have put the anti-independence side ahead, but the gap has narrowed ahead of the Sept. 18 vote. One poll released Sunday put the pro-independence forces in the lead while other polls give the advantage to the No side — and the sense that the race is too close to call jolted financial markets.

At one stage Monday, the pound had fallen 1.4 per cent to $1.6104 US, its lowest level since November. It later clawed back some ground but was still nearly two cents down on the day.

Shares in Scottish-based financial institutions such as the Royal Bank of Scotland and Standard Life also took a hammering, falling around three per cent.

THE ASSOCIATED PRESS

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DON'T LIKE IT? DON'T EAT IT

SHE SAYS

Jessica Napier
metronews.ca

If I have to choose between cooking for myself and going out for a meal, I will always take the restaurant route.

If I had a higher disposable income I would probably turn my oven into full-time storage space and rack up enough OpenTable points to earn a free meal every week.

Dining out is not for everyone, though. For extremely picky eaters, it can be a nightmare, but sometimes one has to wonder why she bothers eating out in the first place.

One restaurant in Florida made headlines last week over its strict policy that bans ketchup for customers over the age of 10.

Mad Fresh Bistro in Fort Myers also refuses to provide salt at the table, make any substitutions or split the check more than three ways.

There are a surprising amount of rules at this place, which describes its menu as "mouthgasmic."

Outlawing one of the world's most popular condiments is a surefire way to get customers outraged (and gain some publicity for your mid-range burger joint).

And while I love ketchup — like squeeze-half-the-bottle-on-a-plate-and-dip-my-hot-dogs-in-it kind of love — I actually have to agree with the "Mad" chefs on this one.

We go out to eat to experience someone else's idea of what a good meal might taste like. Sure, it's a bit pretentious to insist that your customers make absolutely no modifications to your food — especially for a place that already boasts that it serves "madFRESH quinoa" — but you know what? If that's what these professionals want to do at their own restaurant, then that's their prerogative.

If you think about it, it's actually pretty insulting to go to a restaurant and douse your thoughtfully prepared meal in sugary sauces and table salt.

Legitimate food allergies aside, catering to individual culinary requests and dietary restrictions is unfortunately not in a chef's best interest.

No, you can't make a substitution

It is completely unrealistic to expect restaurants to accommodate every whiny patron who insists his chicken be cooked to a precise temperature or that her potatoes absolutely do not touch her steak.

It is completely unrealistic to expect restaurants to accommodate every whiny patron who insists his chicken be cooked to a precise temperature or that her potatoes absolutely do not touch her steak.

They say the customer is always right, but let's face it, sometimes customers are complete jerks. Dropping $23.95 on a dinner out does not give you a licence to be a high-maintenance complainer.

If you can't stand the food, maybe you should get back in your own kitchen.

It's alive!

An adult Aldabra banded snail is seen as it was found on a tree on the coastal fringe of Malabar Island, Seychelles. The Seychelles Islands Foundation says the Aldabra banded snail, previously thought to be extinct, has been rediscovered "alive and well" at the UNESCO World Heritage Site of Aldabra atoll.
C. ONEZIA/THE SEYCHELLES ISLAND FOUNDATION/THE ASSOCIATED PRESS

Snail thought to be extinct still kickin' it in Seychelles

A mollusk once thought to have been among the first species to go extinct because of climate change has reappeared in the wild.

The Aldabra banded snail, declared extinct seven years ago, was rediscovered in the Indian Ocean island nation of Seychelles.

The mollusk had not been seen on the islands since 1997, said the Seychelles Islands Foundation.

A research team from the Seychelles Islands Foundation found seven of the purple-and-pink striped snails on Aldabra atoll's Malabar Island last week.

Conservationists are unsure how a terrestrial snail like the Aldabra banded snail initially reached these hot, dry islands surrounded by saltwater without drying out. THE ASSOCIATED PRESS

Vulnerability still remains

"Only time will tell if they can survive the threats of climate change and sea level rise." Justin Gerlach, biologist

MetroTube

Sweet moves

ANDREW FIFIELD
andrew.fifield@metronews.ca

As summer days recede, most of us have fulfilled our wedding guest duties for the year. Hopefully, you had a fine and fun wedding season with happily expanding families. Just one thing, though — was there a hora at any of these shindigs? If not, make this year the year of forging friendships with potential hora dancers. Especially ones such as this Moldovan bride, who doesn't even break a sweat. (YouTube/Marius Fatu)

Twitter

William and Kate are expecting a second child. What should the royal couple name their new baby?

@grumpyoldmanTO: Follow the nomenclature established by the Sharknado franchise: The Second One

@inducedcoma: Roycephus Pulsifer Fudgiebottom

@MarkusLkraM: NOT Ray Rice.

@mstyczen: "Spare"

@LouroAlfredo: Duke/Duchess of Monumental-Waste-of-Taxpayers' Money-upon-Thames .

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 11 in Scene and page 27 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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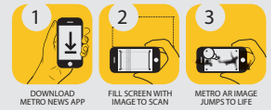

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Transformative Tom keeps things interesting

The Drop. Actor Tom Hardy talks about playing a Brooklyn bartender who's underestimated in a gritty crime world

STEVE GOW
scene@metronews.ca

Scan this photo with your Metro News app to see actor Tom Hardy ply his trade in his latest film, The Drop, which premiered at TIFF on Sept. 5 and opens in theatres across Canada this Friday.
CONTRIBUTED

It's an odd sensation sitting down with Tom Hardy and hearing the British thespian speak in his natural brogue.

After all, whether it's in Depression-era American dramas like Lawless or simply mechanized by a creepy mask as Bane in The Dark Knight Rises, Hardy rarely speaks on film in his own voice.

"You're talking about adopting a ghost persona," said Hardy — in Canada for the Toronto International Film Fest.

"I try to change every character so there's a distinguished little difference between everything that I've played for two reasons: I love to try to transform, and two, I think it's always good to keep shifting to offer more with the work."

In the new crime-drama The Drop, that transformation turns the 37-year-old Londoner into an introverted Brooklyn bartender that gets sucked into the criminal underworld of holding gambling money for gangsters.

"I may have hit it a little bit heavy, but there's something nice about the loyal dog that shuffles along," said Hardy about the sad-sack character that, by the end of the movie, isn't what he seems.

"The movie's supposed to underestimate (him) — he's the guy where we don't really know where he's at so in a way it's a very good camouflage for him ... maybe I overplayed that a bit, but I didn't want him to be seen coming."

The drama also stars the late James Gandolfini in his final film role.

Playing the beaten-down bar owner with a plan of his own, the character actor behind TV's Tony Soprano may be a commanding presence onscreen, but, as Hardy recalls, he was all heart.

"He made me laugh a lot," recalled the actor. "You have particular people (that) are very talented and very beautiful and very sensitive and vulnerable and committed to the work. I don't know about him in a social environment, but (James) was one of those people, those artists — and an island within that."

The art of acting

- **Tom Hardy on his method.** "Some actors choose a certain type of acting. Other actors get off on authenticating their specificity by transformational work," said Hardy. "That's really more of a nerd thing but that's where I'm at."

Quoted

"I may have hit it a little bit heavy, but there's something nice about the loyal dog that shuffles along."

Tom Hardy on his latest role as an introverted Brooklyn bartender in The Drop.

Late night television

James Corden to replace Ferguson

British actor James Corden will replace Craig Ferguson as host of The Late Late Show on CBS next year, part of a complete overhaul of the network's late-night talk show lineup put in motion by the impending retirement of David Letterman.

THE ASSOCIATED PRESS

True Detective. Rachel McAdams frontrunner for lead role in series

Rachel McAdams could join True Detective.

The actress is in the running for one of the lead roles in the crime series' second season, according to Variety.

As fans await the official announcement of Matthew McConaughey and Woody Harrelson's successors, rumours on the subject continue to abound. Only a few details are certain for now: the second season will be set in California and will revolve around four main characters, according to the show's creator Nic Pizzolatto.

AFP

Rachel McAdams
GETTY IMAGES

DVD review

Captain America: The Winter Soldier

Director. Anthony Russo, Joe Russo

Stars. Chris Evans, Scarlett Johansson

It's gung-ho vs. shadow as Captain America gets wise in a hurry while being pursued. The contrast makes for the best kind of blockbuster comic-book movie, tweaking the brain while dazzling the eye.

Subtitled The Winter Soldier, a nod to Captain America's mysterious new cold-blooded nemesis, the movie comes wrapped not only in the Stars and Stripes but also Watergate-meets-9/11 paranoia from influences like The Parallax View and Three Days of the Condor, the latter especially so thanks to the forceful and nuanced presence of Robert Redford.

Chris Evans impressively updates the character (if not the costume) of Captain America. Having fended off the Nazi-allied HYDRA criminal organization in origin film Captain America: The First Avenger, he's now engaged in more current heroism. He's after things like Indian Ocean pirates, aided by sexy (and sneaky) fellow S.H.I.E.L.D. agent Natasha Romanoff (Scarlett Johansson), a.k.a. Black Widow of The Avengers alternate universe.

More vexing to this Greatest Generation do-gooder are the flexible ethics of S.H.I.E.L.D. The agency's high-priority Project Insight is a gussied-up drone missile program devised to take out evildoers before they do evil (shades of Minority Report).

Cap is learning the hard way, much like the superpower he symbolizes, that an imperfect modern world doesn't offer perfectly moral choices to complex problems.

Extras include deleted scenes, audio commentary, making-of featurettes and a blooper reel.

PETER HOWELL

SCENE

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Miley, you know how to make an entrance

NED EHRBAR
Metro in Hollywood

Oh, Miley. In response to the usual calls of "Who are you wearing?" during Fashion Week, pop troublemaker Miley Cyrus can apparently respond, "No one!" The former Disney star showed up to a top-secret New York Fashion Week after-party topless save for a pair of pasties strategically covering her nipples. As you do.

Hey, let's all just be glad she didn't follow that Chanel fashion rule of taking one item off before leaving the house, right?

Justin Bieber GETTY IMAGES

Bieber assault charge withdrawn

Canadian pop star Justin Bieber is "relieved" prosecutors have dropped an assault charge against him in connection with an alleged attack on a Toronto limousine driver, his lawyer said Monday.

The charge, which stemmed from an early morning incident on Dec. 30, was withdrawn because there was no reasonable prospect of conviction, prosecutors said in a brief court appearance.

Bieber was charged with one count of assault after he and five others were picked up by a limousine at a Toronto nightclub. Police alleged one of the passengers hit the limousine driver during an altercation.

"The Crown would be required to prove that an intentional application of force occurred, as well as who applied that force," prosecutor David Mitchell told the court.

THE CANADIAN PRESS

How I wed my partner: Harris gets hitched

Neil Patrick Harris and David Burtka CHARLES SYKES/INVISION/ THE ASSOCIATED PRESS

Kim Kardashian and Kanye West aren't the only ones who tied the knot this year in Italy. So did Neil Patrick Harris and David Burtka.

The How I Met Your Mother star and his actor-chef groom were married Saturday in Italy. They'd been dating for 10 years and are parents to 3-year-old twins, Gideon and Harper. The grooms wore custom Tom Ford tuxedos and Elton John performed at the reception.

"Yup, we put the 'n' and 'd' in 'husband,'" Harris tweeted Monday. His publicist later confirmed the news.

THE ASSOCIATED PRESS

On the red carpet: Actors Sam Worthington and Jennifer Aniston at the premiere of Cake

DARREN CALABRESE/THE CANADIAN PRESS

Jane Fonda in T.O. to promote new dramedy

Jane Fonda stars in This Is Where I Leave You. THE CANADIAN PRESS

This Is Where I Leave You. Actress plays matriarch of dysfunctional family

IN FOCUS
Richard Crouse
scene@metronews.ca

Jane Fonda is at TIFF to promote her new film, the family dramedy This Is Where I Leave You.

She'll spend the next couple of days walking down red carpets and doing interviews, but not doing something she loves — going to the gym.

"If I had my choice I certainly would," she says. "I walked past it and I sort of salivated, but it's back to back to back. There's no time. I sleep eight or nine hours a night and I don't have time between the interviews and sleep."

The Oscar-winning star of On Golden Pond, Klute and Coming Home is no stranger to the press circuit, but she says times have changed.

"Honey, back in the day, let me tell you what it was like," she says. "You would get on a plane alone — forget the hair and makeup and PR person — and fly to Des Moines and Kansas City and Denver and you'd cut ribbons inaugurating an orphanage, do the Police Gazette Parade, the Dick Clark Dance. You did radio. You had to go to them and had to do the weirdest things. It was hard. This seems easy. Those young ones are spoiled. They don't know what it used to be like."

When I ask if answering the same press junket questions over and over ever wears her down she says, "I'm an actor! It's why I get the small bucks."

In the film, she plays a best-selling author of self-help books and the mother of a dysfunctional family that gathers for the father's funeral. She's an outrageous character, the kind of person who wonders whether she should tip the coroner.

"I read the script, it was laugh-out-loud funny and this woman was fabulous," she says. "I totally identify with her. I have no borders, porous boundaries. I share way too much."

Like her character, she has had self-esteem issues, even though she is almost as well known as a workout guru as she is for her acting.

"I never have been (happy with my body image), so you teach what you need to learn. Working out helped me come to peace with my body. I grew up being told that I was fat, and I had to work very hard to overcome that. And if I said I was 100 per cent over that, I'd be lying."

On her latest role ...

"I totally identify with (Hilary Altman). I have no borders, porous boundaries."

Jane Fonda, on her character in This Is Where I Leave You

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What you missed!

Anna Kendrick arrived at The Last Five Years Party on Sunday night in a crop top and skirt, needle-sharp stilettos and wavy do.

Exclusively online

This Canadian master of 'body horror' is the man behind The Brood, Videodrome and Scanners.

Hint: If you were following the ABCs of Canadian Film on metronews.ca you would know the answer.

Dobber@TIFF Best eats in TIFF-town

Whether you're standing for hours waiting to catch a glimpse of your favourite Hollywood star on the red carpet or running around town with a handful of tickets, you still need to feed yourself between flicks. Here are my favourite spots to enjoy a fine feast in the heart of TIFF-town.

ANDREW JOHN VIRTUE DOBSON
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Pai

Chef Nuit Regular has captivated Toronto's Thai food fans with her menus at Sukothai, Khao San Road and Sabai Sabai. She recently launched Pai Northern Thai Kitchen on Duncan Street.

Dig in: The papaya salad is perfect for sharing and includes cold noodles, shredded cabbage, pork rinds and shrimp chips. Presentation is perfect with gaeng kiaw wan (green curry with bamboo shoots) served in a cracked coconut, as is khao pad sapa-rot (stir fried jasmine rice) served in a fresh pineapple.

Byblos

Duncan Street is also home to the latest concept from chef Stuart Cameron (Weslodge, Patria). Hungry folks looking to enjoy a taste of authentic Lebanese cuisine find nirvana at Byblos. With Charles Kabouth, an import from Lebanon, running the show, the restaurant has a personality-driven appeal.

Dig in: Try the fresh fig salad adorned with orange blossom honey vinegar, ackawi cheese, kohlrabi and pistachio, or the crispy eggplant with tahini aioli, bayildi sauce and basturma. Or go for the piping hot duck kibbeh with dried fig and date molasses.

Home of the Brave

Leave your calorie counting at the door and prepare for an Americana stoner-inspired bacchanal at Home of the Brave on King Street West. Brought to you by the rag-tag-team from La Carnita, HOTB is full of fun, offering a late-night option for those craving finger-licking-good eats.

Dig in: The fried bologna sandwich features house-made American cheese, toasted pistachios and spicy sour cream, while the Kentucky-fried handshake sandwich is slathered with mayo and buffalo hot sauce.

Luckee

Chef Susur Lee adds food cred to the Soho Metropolitan Hotel with his self-described "nouvelle Chinoise" cuisine at Luckee. Toronto's favourite celebrity chef has developed a menu that presents Chinese cuisine at its most sophisticated levels — as it is currently practised in Asia.

Dig in: Chicken cheung fun rice roll — a soft rice roll wrapped around crispy tofu, ginger and green onion — is out of this world. The signature Luckee duck is a rare treat served Peking style with Chinese crepes, fresh fixings and sweet hoisin.

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Turing not another 'autistic' character for Cumberbatch

The Imitation Game. Actor dismisses parallels between latest role and Sherlock Holmes

In The Imitation Game, Benedict Cumberbatch plays the introverted, socially awkward math genius Alan Turing who built the machine that cracked the German's WWII Enigma machine and paved the way for modern computers.

Many are drawing parallels between Turing and Cumberbatch's Sherlock Holmes, suggesting he's specializing in characters that exist somewhere on the autism spectrum. But Cumberbatch wants them to cut out that nonsense.

Benedict Cumberbatch in The Imitation Game. COURTESY OF TIFF

"Though Sherlock is an immediate comparison, they're so different. Sherlock is a sociopathic show-off, and Alan was anything but that," Cumberbatch tells Metro. "I don't think he was on the spectrum. I think a lot of people are very lazy with that."

It's a suggestion Cumberbatch has heard raised again and again, and he's frankly had enough of it.

"I don't go into a job going, 'Is this autism? Is this Asperger's? Is this some other form of slight learning difficulty or disability?' I'm very wary of that, because I've met people with those conditions. ... Then these people pop up in my work and they're sort of brilliant, and they on some level almost offer false hope for the people who are going through the reality of it."

NED EHRBAR/METRO

Reel Guys discover a few firsts at film fest

At the festival.
Richard encounters his first conflict and Mark uses the word 'neurasthenic' for the first time at TIFF

Reel Guys at TIFF

RICHARD CROUSE AND MARK BRESLIN
tiff.metronews.ca

Actress Keira Knightley at the Variety Studio at TIFF on Monday. GETTY IMAGES

Richard: Mark, I've been covering the film festival for a long time, but this is the first time I've had a conflict like the one Red Alert poses. It's a short documentary about recent reports that redheads were going to become extinct. It features 10-year-old Sloan Avrich (a redhead whose father Barry directed the film), geneticist Amro Zayed, flame-haired model Lucy Liberatore and me as the resident film expert on all things Lucille Ball and Julianne Moore. I can't review it, of course, but unofficially I give it 6 out of 5 stars. Writer Anne Brodie asked Sloan why she cast me in the film. "He is a friend of my parents. So I just asked him and he said yes. What a nice guy."

Mark: I haven't seen the film, but let me help you out: "Red Alert is a highly entertaining doc that truly comes alive whenever film expert Richard Crouse comes onscreen. His palpable magnetism and clever wordplay take a great little film and lift it to new heights." I feel I can review a film without having seen it because I like all of Barry Avrich's work. His showbiz documentaries are always great, but if you want to see a real oddball piece of hysteria check out Amerika Idol, about a small Balkan town that wants to erect a statue of Sylvester Stallone to bring the tourists in.

RC: I guess I was late to jump on the Benedict Cumberbatch bus. I liked Sherlock well enough and have seen him in several movies, but for me, and I know I'm the last to get it, his performance in The Imitation Game is a game changer. He plays real-life character Alan Turing, a Cambridge mathematician who volunteers to help break Germany's most devastating WWII weapon of war, the Enigma machine. It was a top-secret operation, classified for more than 50 years, but that wasn't Turing's only secret. Gay at a time when homosexuality was illegal, punishable by jail or chemical castration, he was forced to live a world of secrets, both personal and professional. He's fantastic in the movie and after interviewing him at TIFF I can tell you he has a voice that sounds like melted wax.

MB: The movie is a sad and shameful story, tragic, really, about how a hero can be persecuted for his personal life. Cumberbatch, who I thought you wore with a tuxedo, specializes in neurasthenic roles and he brings an aristocratic grace even to comic-book movies. I'm not surprised you liked him as Turing. He'd also make a great Kim Philby — the British spy who secretly worked as a double agent in the '50s.

Sloan Avrich in the documentary Red Alert. COURTESY OF TIFF

RC: Cumberbatch has a look that seems to lend itself to period pieces, as does his co-star Keira Knightley who plays Joan Clarke, a brilliant female mathematician who worked alongside Turing during WWII. In my chat with her, she pointed out that the movie may be set in the 1940s but is still timely today: "She was paid a fraction of what all the men were paid, which is still what feminists are arguing about today. So in that way it still is a very current issue in the same way that as much as gay rights have moved on since the '40s and '50s, it's still an issue."

MB: Knightley's come a long way from the female soccer player in Bend It Like Beckham. I just loved her in this year's Begin Again and I thought she was great in Last Night and Never Let Me Go.

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LIFE 3

Simmer down! Keep your cool when others get heated

Irrational anger. When people overreact to a minor offence, there's a chance it's not about you

KIM SCHNEIDERMAN
Metro in New York

Common superstition holds that bad (and good) things come in threes.

So when, in one evening, two back-to-back clients sought advice about how to respond to unforeseen personal attacks after I also had been verbally accosted earlier that day, I knew I had to address the issue.

In my situation, perhaps my dog and I had behaved objectionably, but I wondered if it really warranted such vitriol from my neighbour.

Though you might laugh, the intensity of his rage unsettled me. I was able to shake it off, knowing that his accusations of disrespect were unfounded — in fact, I had helped save this very same plot two years ago when his landlord threatened to destroy it.

As a general rule, when people overreact to a relatively minor offence, there's a good chance it's not actually about you. More often than not, their overreaction is a sign that you have stumbled into an old, unhealed wound, making you the perfect patsy.

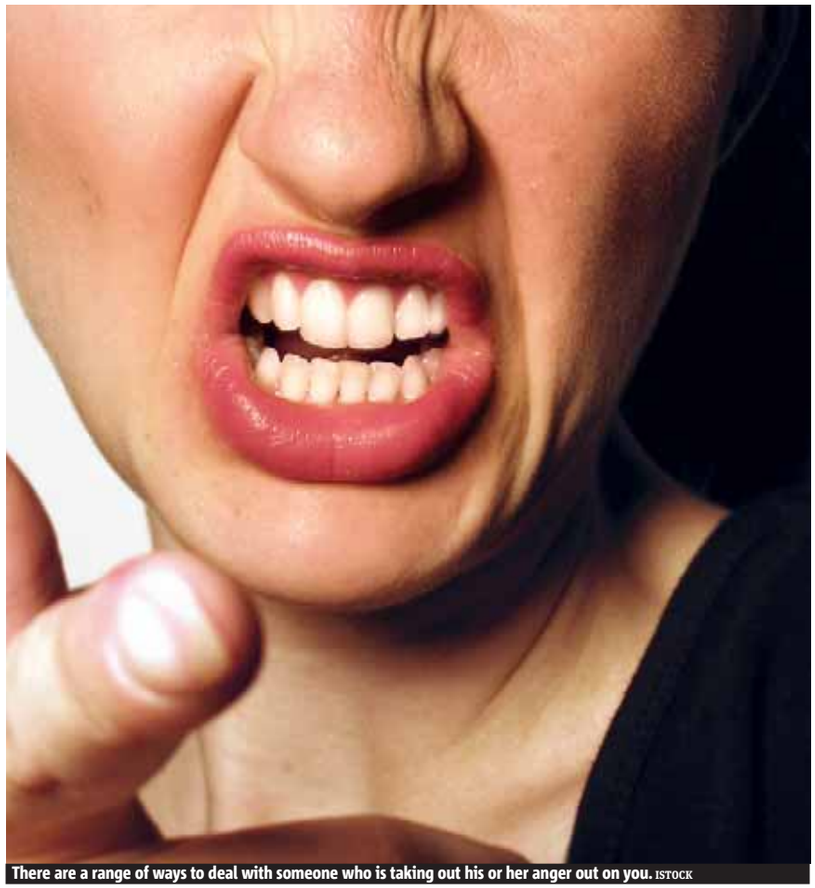
In this situation, maintaining good personal boundaries — "It's not me, it's them" — can make the difference between fighting back, which will only make things worse, or shrugging it off.

Even when there's an element of truth or culpability buried in the complaint, it's important to remember that you deserve to be treated with respect. And who knows, maybe your dignified response will help them see the error of their ways — as it did with my neighbour, who apologized the next day.

Easier said than done.

When someone's upset you — especially if it's someone you care about — it can be tough not to let it get under your skin. Take some deep breaths, then try one of the tactics listed to the left.

KIM SCHNEIDERMAN'S BOOK, STEP OUT OF YOUR STORY: WRITING EXERCISES TO REFRAME AND TRANSFORM YOUR LIFE, IS BEING PUBLISHED IN THE SPRING.



There are a range of ways to deal with someone who is taking out his or her anger out on you. ISTOCK

Tactics

These are some of the ways in which you can handle someone's anger.

- **Recognize the anger.** "I see that you're angry. What would help you feel better?"
- **Take the high road.** "I can't receive any constructive feedback when you're personally attacking me."
- **Insist on a halt.** "That's enough! We'll talk when you've calmed down."
- **Detoxify with an apology.** "I'm sorry. I didn't mean to hurt you. What upset you about my actions?"
- **Point out the futility.** "We're getting agitated and going nowhere. Let's back up and start this discussion again."
- **Diffuse the anger with validation.** "What you are saying makes sense. I agree that, etc."

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These routines foster happiness and health

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Doing the same old, same old may not seem exciting, but it can make you and your family happier and healthier.

Research suggests that many routines can even improve your marriage and insulate teens from addictions. They help you save time and energy, too. Instead of creating each day from scratch, you have a framework of small decisions you no longer have to make — so you have more time to devote to things that matter.

Here are two examples of routines you can establish:

Research shows routines, such as family dinners, can make you happier. ISTOCK

Have dinner as a family. Parents know that dinner time isn't just about eating; it's about connecting and communicating. Research has found that teens who have frequent dinners with their family are less likely to abuse prescription drugs, illegal drugs, tobacco and alcohol. They are also less likely to have sex at a young age, get into fights or have suicidal thoughts. As one expert told Best Health, "There are no silver bullets, but parental engagement is key to reducing teen substance abuse, and one of the simplest ways to have that engagement is frequent family dinners."

Schedule healthy habits. If you need to get up at 5:30 a.m. in order to give yourself enough time to exercise — say, go for a run, or to the gym — before getting to work, make it as easy as possible to establish that routine. The night before, fill the coffee maker and set it to start automatically. Pick out your work clothes, and put your gym clothes and running shoes beside your bed. A bit of planning makes it easy to stick to a routine. **FOR MORE, PICK UP THE OCTOBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.**

More tips

- **Be specific.** Make the goal tangible, as in: "I want us to have dinner as a family three times a week" rather than, "I want us to have more family time."
- **Get support.** Ask for help, whether it's getting a teacher's help in creating new homework routines for your child, or getting a friend to join you for walks.

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Healthy ingredient swaps to make your meals better

Chef Phoebe Lapine shares four easy ingredients to work into your next dish for a more flavourful and nutritious meal

EVA KIS
life@metronews.ca

When it comes to eating well, everyone knows they could be doing better. But cooking in an apartment on a busy schedule is a recipe for ordering Chinese food rather than using the wok gathering dust in the kitchen cabinet.

And on the rare occasion you do feel like cooking, you're set in your ways. Throw a few things into an anything-goes dish, such as stir-fry or fried rice, or a no-brainer salad or smoothie, and you're on the couch just in time for The Vampire Diaries.

But what you put into those dishes can make all the difference.

"Ideally, you'd get everything from your diet," says Mustafa Hashimi of the Vitamin Shoppe. "But even though we make our best efforts to eat a balanced diet — organic, whole food-based — you're still gonna come across some sort of nutrient deficiency."

So what if you could make the things you're already cooking better for you? We talked to chef Phoebe Lapine about four easy ingredients to work into your next dish for a more nutritious meal.

Aloe vera juice

Packed with vitamins A, C and E, the juice of the plant's inner leaves has many beneficial properties — once you get past the taste.

Benefits: Great for a healthy digestive tract, and you don't need much: about an ounce daily.

Swap: Try it in water instead of cucumber for a mineral kick. "It might even be an interesting background flavour for a cold soup like cucumber vichyssoise or a white gazpacho," says Lapine. If you absolutely can't get over the taste, blend a spoonful into your smoothie.

Liquid aminos

Derived from soybeans, it tastes like soy sauce, although it's lighter in colour and more subtle in flavour.

Benefits: Of 20 amino acids, which combine to form the building blocks of muscles and organs, the body can make 10. Liquid aminos contain 16.

Swap: Skip the soy sauce or tamari in any recipe for liquid aminos, a gluten-free alternative that's lower in sodium and doesn't require any special handling. "It's a great, nutritious substitute for regular table salt," Lapine says.

Hemp seeds

These magnesium-packed seeds have the ideal 1-to-1 ratio of omega-3 and -6 fatty acids, with anti-inflammatory properties and sterols, which reduce cholesterol.

Benefits: They're rich in protein, essential fatty acids, fibre and antioxidants.

Swap: Use them instead of pricey pine nuts in pesto. The mild flavour makes them an easy way to boost the protein content of a dish. "I love them sprinkled on top of salads, mixed into my smoothies or finishing a cooked dish with some as garnish," Lapine says.

Apple cider vinegar

Bragg's version is made with organic apples — unfiltered and unpasteurized.

Benefits: It can help level out your blood sugar and protect your gut. Stir some into your tea with honey, lemon and cayenne for an immunity boost.

Swap: Any vinegar, especially lighter varieties. "It also adds a nice punch to rich savory stews that need a little acidity — just add a tablespoon while simmering."

Celebs share thoughts on suicide, depression

Mental Health. Robin Williams' sadness shared by other talents, like Owen Wilson, Halle Berry and Louis C.K.

EVA KIS
life@metronews.ca

Robin Williams' suicide has put the issue of mental illness in the spotlight.

Williams is the latest in a long history of celebrities who have killed themselves, or tried to take their own life. Owen Wilson attempted suicide in 2007 after splitting with Kate Hudson. Halle Berry once tried to kill herself by carbon monoxide. Fashion designer Alexander McQueen, who had battled depression for much of his life, took his own life soon after his mother's death. Drew Carey attempted suicide — twice. Billy Joel, Elton John and Princess Diana all tried to end their own lives.

Some of the celebrities who have made it through their darkest moments went on to share their stories of what drove them to the brink, and how they pulled themselves back.

British comedian Stephen Fry tried to kill himself in 2012. In 2013, he wrote a deeply personal blog about one of the essential contradictions of being famous and human at the same time.

"What the f— right do I have to be lonely, unhappy or forlorn? I don't have the right. But there again I don't have the right not to have those feelings. Feelings are not something to which one does or does not have rights. In the end, loneliness is the most terrible and contradictory of my problems."

In response, Alastair Campbell, the former spokesman for British Prime Minister Tony Blair, wrote that mental illness would get more clout if it were treated like any other illness.

"Stephen Fry is often called a national treasure. He is clever, witty, hugely successful, massively popular. So 'what the f— does he have to be depressed about?' Nothing. It just f—ing is ... We are a long way from the goal of parity of understanding and treatment of physical and mental health. You would never say, 'What does he have to be cancerous about, diabetic about, asthmatic about?'"

During the lowest point in his career, comedian Louis C.K. says he wanted to give up, but couldn't. GETTY IMAGES

Robin Williams, who often spoke openly about his struggles with addiction and depression, said he relapsed after 20 years' sobriety because of anxiety issues. In 1989, he told the Associated Press how comedy helps him deal with the difficulties of life.

"You look at the world and see how scary it can be sometimes, and still try to deal with the fear. Comedy can deal with the fear and still not paralyze you or tell you that it's going away. You say, 'OK, you got certain choices here. You can laugh at them, and then once you've laughed at them and you have expunged the demon, now you can deal with them.' That's what I do when I do my act."

Not all depression leads to suicide attempts. In an interview with GQ magazine earlier this year, comedian Louis C.K., suffering depression at the lowest point of his career, pinpointed the frustration of being "all right" when everything is wrong.

"It never stopped getting worse. I remember thinking, 'This is too much for me to handle.' I wanted to give up. I knew it was my right to. But then a few minutes would go by and I'd realize, I'm still here.

"In other words, there was no escape from it. And I'd be a little disappointed at not being truly suicidal. I hated being 'all right.'"

J.K. Rowling was suicidal

Surviving with depression doesn't have to be shameful. It can be a badge of courage. Harry Potter author J.K. Rowling suffered through suicidal thoughts following her separation from her husband and before writing the books that would make her famous. In 2008, she told a student magazine at Edinburgh University: "I have never been remotely ashamed of having been depressed. Never. What's to be ashamed of? I went through a really rough time and I am quite proud that I got out of that."

All hail Baby Kale Caesar Salad Sandwiches

Inspired Lunches Week. The green that's been grabbing the spotlight replaces traditional lettuce

NUTRI-BITES
Theresa Albert
DHN, RNCP
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This mixture is equally good cold or grilled. If you want to take it for lunch, keep the salad filling separate until you are ready to enjoy and pre-scoop the buns.

Keep the insides of the buns, break them up onto a cookie sheet, toast them in the oven and then blend them into breadcrumbs.

If you want to go low-carb or paleo, simply swap the bread for rice or lettuce wraps!

1. Mash boiled eggs with tofu, Parmesan, anchovy paste, lemon zest, juice, mustard, vinegar, oil and garlic. Mix well and toss with kale. Stuff into bread.

2. If you wish to have a hot sandwich, add a layer of shaved Parmesan and grill on Panini press or in a skillet, pressing to flatten. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Health Solutions

Break out of the bread box

What with paleo, vegan, gluten-free, a sandwich just can't be a sandwich anymore. Grilled cheese is taking its revenge with its moment in the spotlight but it is worth expanding the genre.

Rather than bread, try using these:

- Romaine, swiss chard, steamed kale leaves or Boston lettuce as wraps
- Rice paper wraps
- Top grilled portobello mushrooms
- Stacked apple slices
- Skewers
- Layers in shot glasses or mini containers
- Hollowed out cucumber
- Filled celery groove
- Red peppers as bread

Ingredients

- 4 whole grain Kaisers or rolls, hollowed
- 2 boiled eggs
- 1/2 cup silken tofu
- 1/4 cup grated Parmesan
- 1 tsp anchovy paste (optional)
- 1 tsp lemon zest
- 1 tsp fresh lemon juice
- 1 tbsp grainy mustard
- 2 tbsp apple cider vinegar
- 1 tbsp extra virgin olive oil
- 1 clove minced garlic
- 8 cups baby kale leaves or other hearty greens

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For the sake of your roomie get familiar with a broomie

A messy dorm room survival guide. Do you really want to go down in campus history as the guy who used a pizza box as a pillow?

LAKSHMI GANDHI
Metro World News

If you were to ask the average person to close his or her eyes and picture a stereotypical college dorm room, the words "neat and organized" probably aren't the first things that come to mind. But given that many incoming college students are going to be living with roommates for the next four years, a conversation about cleaning is in order.

"The first thing you have to accept is that you can't control other people's behaviour," says Jolie Kerr, the author of My Boyfriend Barfed in My Handbag — And Other Things You Can't Ask Martha. She shares these tips on how to share a living space.

Be the person you want to live with

"Set an example," says Kerr, noting that picking up after yourself should be part of your daily routine. "You come from a better position if you're walking the walk." It's also important to remember that not everyone has the same definition of the words "clean" or "messy." Some people simply don't mind having a pile of clothes on the floor.

Focus on the mess

"Try not to make it personal," says Kerr. "If you have a roommate who leaves food around, it's important to say, 'That bowl of half-eaten cereal is gross' — not 'You are gross.'"

Make your bed every day

"Dorm rooms are so small, so it's especially important to make the bed," Kerr notes. A good way to get into a bed-making routine

It may be time to take your new friend aside

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and talk to him or her about their unfortunate habits. ISTOCK

is to do it at the same time every day. "It could be right after you get up or right after you shower," she suggests.

Set aside a few minutes a day to get organized

With schoolwork, exams and part-time jobs thrown into the mix, making time to clean can be difficult. "Just take 15 minutes to pick up after yourself," says Kerr. "Before I sat down to study, I needed to tidy my space."

Know when to go up the chain

It's important to talk to your roommate directly before involving your resident adviser or formally requesting a room change. Kerr says that if things continue even after mentioning it twice, it's time to take sterner action.

"If your roommate is doing things like leaving food around or leaving used condoms on the floor, go to the RA and say, 'I've spoken to Joe or Jane and nothing has changed.' Having used condoms in the room is unacceptable."

Post-secondary 101

The do's of sharing a dorm room

Freshman year is full of major adjustments for most students, and one of the biggest ones of all is having to share a dorm room with a virtual stranger for the entirety of the school year.

While it may seem like everyone becomes best friends with their roommates, the reality is much more complicated than that.

We reached out to three 20-something authors for their advice for incoming freshmen.

Respect each other's time and space

Priya Krishna is a recent Dartmouth College grad and the author of the book Ultimate Dining Hall Hacks: Create Extraordinary Dishes from the Ordinary Ingredients in Your College Meal Plan. She encourages all roommates to do the following:

1. Invest in earplugs — you never know if your roommate snores until they snore.

2. Outline clear rules as they pertain to sharing food/clothes.

3. Establish a schedule for lights out and turning off music at night.

4. Don't be messy — unless you both want to be, in which case, good luck.

5. Let your roommate know when you want to have people over, and make sure it's OK with them.

This is all part of the college experience

"Learning to live with somebody who is basically a complete stranger inevitably teaches you so much about yourself," writes Julie Zeilinger in her book College 101: A Girl's Guide to Freshman Year.

"You learn your limits and the boundaries of your patience, sure, but also self-awareness and the ability to compromise (ideally). At the very least, you get a few interesting stories out of it."

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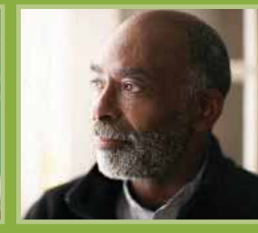

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Activities outside the classroom can complement learning

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College and university students have said farewell to the lazy, hazy days of summer and hello to classes, assignments, term papers and exams. The first few weeks of settling back into an academic routine can be rough, but there are ways to ease the transition.

First and foremost, it's important to have the right outlook.

"Going back to school shouldn't be seen as a chore — you're not here because someone is pulling your teeth, you're here because you want to be," says Jacqueline Skiptunis, a Russian studies major at Dalhousie University and the Dalhousie Student Union's vice-president (academic and external).

There is no reason to be trapped indoors all day and miss the last few weeks of sunny warm weather, either. You can choose to study outside instead of in your room or the library, and some professors and instructors might hold an occasional class in a courtyard or another outdoor setting — after all, they like the fresh, fall air, too.

If your motivation is waning and you feel tempted to skip class, it helps to recognize the long-term value of your education — and to remember that it doesn't come cheaply.

"Yes, it may be beautiful outside, but you have to remind yourself that your education is more important than going to the beach until October," Skiptunis says.

If you have your studies under control and find yourself with some spare time on your hands, there are benefits to getting involved with extracurricular activities on campus.

A Statistics Canada study revealed that children's and youth's participation in organized extracurricular activities has been associated with positive short- and long-term outcomes, such as academic achievement and more social behaviour. These young people also are less likely to drop out of school and have fewer emotional and behavioural problems.

College and university campuses offer lots of opportunities to get involved in your school community outside of the classroom. Being part of a varsity sports team, theatre troupe or environmental group will help you discover what you are passionate about, for starters.

– Jane Doucet

"My brain is the key that sets me free."

› **Harry Houdini:** ***Contorting Non-conformist***

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A career in human services is about supporting people who may have experienced a crisis or who are considered at-risk or marginalized in some way. Humber has the faculty, labs and real-life work experience that students need.

"Our instructors have a wonderful combination of life experience and academic preparation," says Gina Antonacci, the school's dean.

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To complement the driving simulator, a 180-degree conflict-resolution simulator helps build skills for those students who will need to deal professionally with people in crisis. Practice scenarios deal with those who are unco-operative or who have behavioural or mental health challenges.

The school recently launched a new postgraduate certificate in mental health and addictions.

"Our graduates go out there and do their best in a way that says to the community, 'I'm here to support, engage, help and grow,'" Antonacci says.

Using the latest in digital technology, FAAC simulators create lifelike situations to train students in driving skills, conflict resolution and the use of force. CONTRIBUTED

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Music school teaches how to adapt in industry

During his 26 years in the music industry, John Harris saw many of his peers have short careers due to their lack of knowledge of the industry and their inability to adapt to change. With that in mind, he founded the Harris Institute in 1989, a private college with accelerated comprehensive programs taught by leaders working in the music industry.

Harris is proud of what his post-secondary institute had achieved in 25 years. "We're seeing spectacular accomplishments in virtually every sector of the music industry," he says. "Our graduates are winning awards and starting or running successful companies."

Students can enrol in the audio production, arts management or professional development programs. The Harris International program partners with the University of West Scotland, Edinburgh Napier University, Harris Institute West Indies, Gulf Islands Film and Television School and the International Fund for Ireland.

Harris Institute in Toronto. CONTRIBUTED

There are currently 62 instructors leading 60 courses in each of the one-year programs (Harris teaches an art of leadership class). A few years ago, one lucky group of students got to take a marketing class from the legendary Gene Simmons of Kiss.

"The true measure of a post-secondary institution is how well its graduates are doing," Harris says. "Ours have risen to the top in their respective fields. We're creating the next generation of leaders."

For more, visit harrisinstitute.com.

U OF T PROGRAM HELPS NEW LAWYERS IN CANADA

Newcomers to Canada with an international legal education typically aren't licensed to practise law here. A program offered through the University of Toronto's faculty of law is the only one of its kind in the country that prepares lawyers from overseas to enter the legal profession.

The internationally trained lawyers program (ITLP) understands that each lawyer's needs are different, and there are many options that can be tailored to meet those needs.

The route to becoming accredited in Canada is a complicated and often long process for international students.

"Our goal is to provide a variety of academic and career supports so the students can choose what they need, when they need it," says Kim Snell, the ITLP's work placement and career adviser.

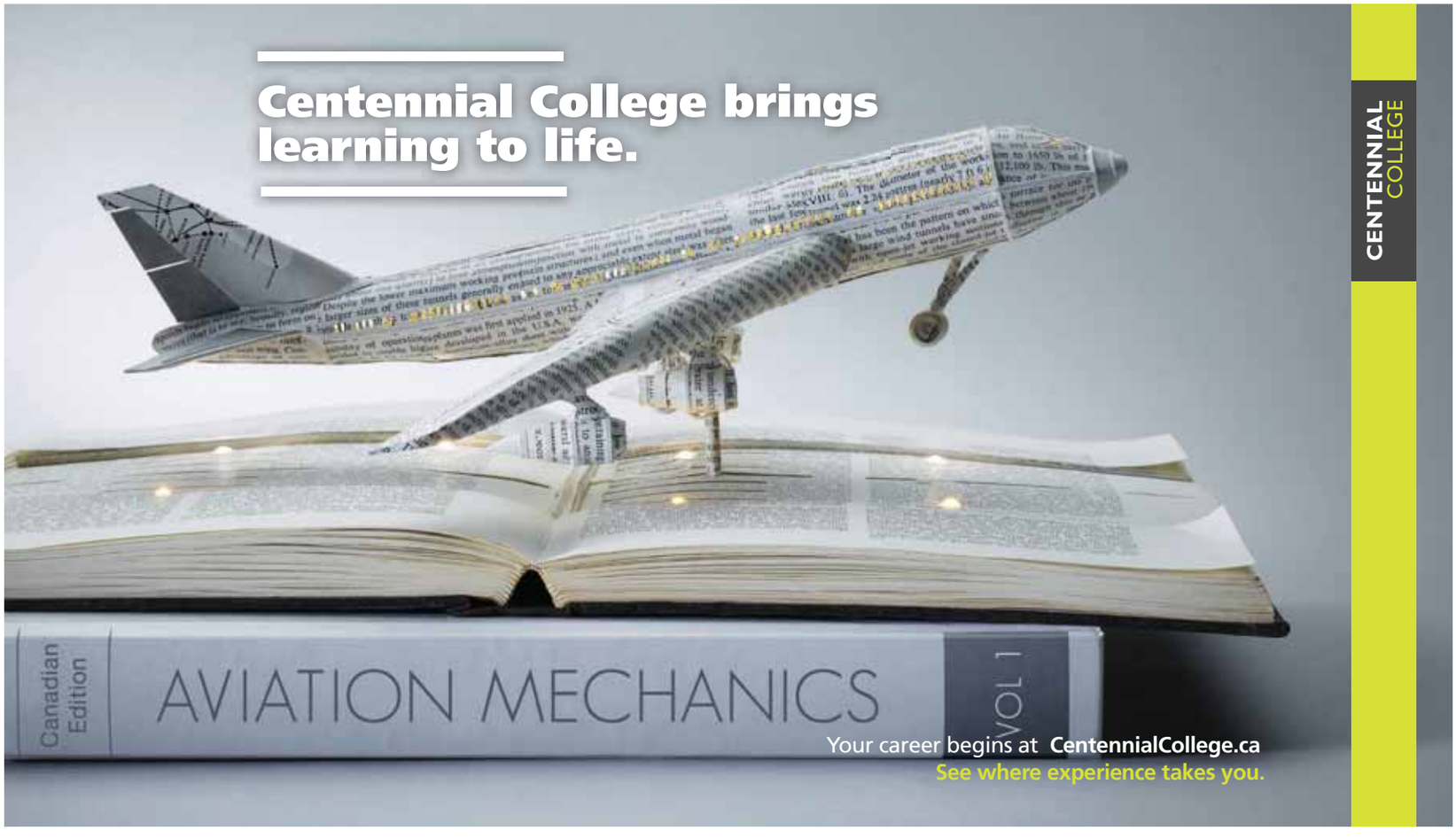
The ITLP offers professional mentorship to students from more than 30 countries. This year's students come from several countries, including India, Nigeria, Mexico, and the Philippines.

Students can access one-on-one career coaching with an experienced legal adviser. And internships at corporate firms, legal clinics, administrative tribunals and governmental law offices are an effective way for the students to become familiar with the Canadian legal system.

NORA CAMPS

"This program goes beyond superb legal instruction in the substantive areas of law for the National Committee of Accreditation exams to offering career support and a networking community," Snell says.

For more, visit itlp.utoronto.ca.



‘I didn’t have to be one of the students, I could be me’

Athabasca University leads the way in university level online distance education. The school’s online courses and degree programs fit into your busy life, giving you the opportunity to head back to school without having to put your life on hold. AU offers flexible start dates, open admission and an innovative learning experience.

When Jennifer Ward wanted to earn a master’s degree but couldn’t quit her job to go back to school, she turned to Athabasca University. And with the freedom that AU gave her — along with the knowledge she acquired from her AU education — she built her career without putting it on hold and filled her life with new achievements: Created a life skills program for youth on reserves; landed a new job as an Aboriginal youth mentor; and had a baby.

“I became more confident in my own thoughts and experiences,” Ward says. “I felt like through the master’s program, it was OK to be me. I didn’t have to be one of the students. I could be me. In my BA, I always felt like a number.”

And how did she feel about doing her master of arts online?

“I felt like it was better than face-to-face education,” she says. “People would be more open because they’re writing, and you really got to hash things out. People understood this was learning. It felt face-to-face in a way, especially when we were collaborating.”

That mind-opening conversation, combined with professors she describes as “fabulous” and a program so flexible that she could check into a course at 3 a.m. if she wanted, meant that Ward truly missed her program when it was over.

“I felt like my growth was exponential. If you’re the type of person who wants to get the most out of it, you really have that opportunity.”

For more information about AU, please visit athabascau.ca/houdini.

Jennifer Ward, pictured here with her husband at her Athabasca University graduation in 2012, found that AU allowed her to be in control of her education and helped her take the road to bigger achievements in life. CONTRIBUTED

Toronto pursues global higher education

QS World Grad School Tour brings top international universities to Canada

On Sept. 20, the QS World Grad School Tour comes to Toronto. The largest global series of graduate information fairs serves students interested in, or actively pursuing, global education.

Graduate studies abroad give students a myriad benefits, from international experience, to shorter program lengths, to tuition fees often lower than Canadian fees.

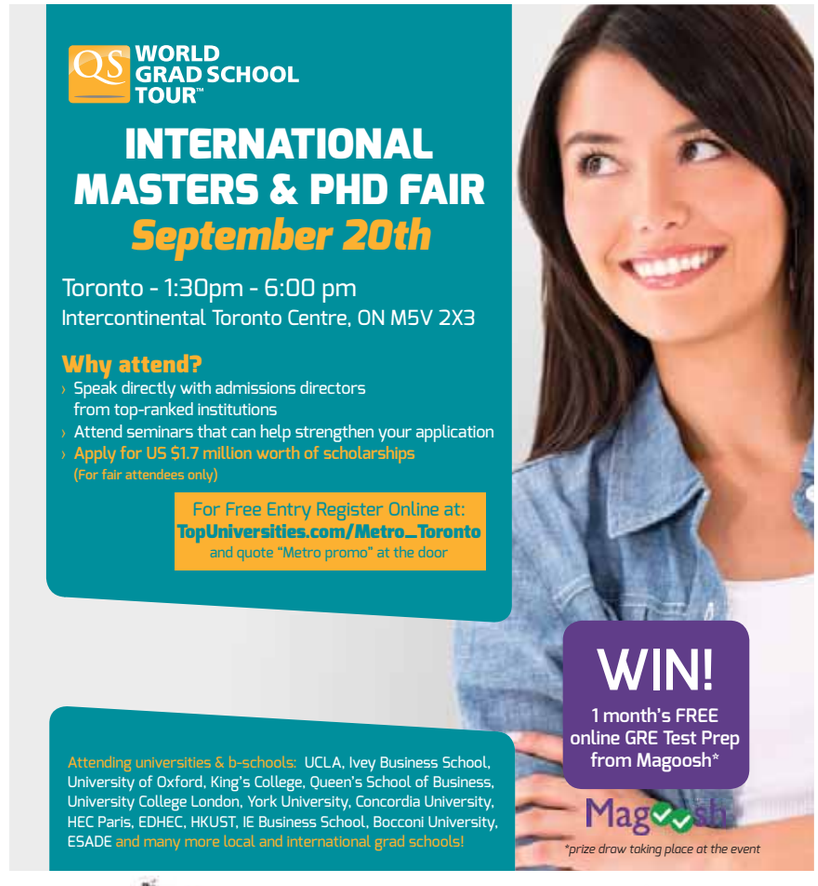
QS World Grad School Tour brings together experts in higher education, admissions directors, advice panels and scholarships for this Sept. 20 event. Leading Canadian institutions will take part alongside global peers, equipping students with tools they need in an internationally competitive environment.

Fair attendees will be eligible to apply for $1.7 million US of scholarships from QS and partner institutions. Additionally, all attendees are eligible to win one free month of online Magoosh GRE test preparation, while the first 100 attendees will receive a free copy of the QS Top Grad School Guide.

CONTRIBUTED

While sign-up is available on the day ($15) early registration at TopUniversities.com/MetroTOedu ($5) is encouraged.

There is a special offer for Metro readers. If you pre-register online and quote “Metro promo” at the door, you will receive free entry.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Navigate the world of global business

Centennial's culture, people impress dean

The Centennial College school of business supports a diverse student population that connects both locally and internationally.

It provides graduates with the skills needed to work cross-culturally in an ever-changing world.

"Students today need both a map and a compass to navigate the emerging world of global business," says Barry O'Brien, dean of Centennial College school of business.

"We are committed to provide them with the tools they need to succeed."

O'Brien was recently appointed as the dean of the college's school of business and looks forward to cultivating a culture of success among Centennial students.

"I was really impressed by the culture and people at Centennial, so I was thrilled to join the team as their new leader," O'Brien says.

"I am fortunate to have been given the chance to work with a group of educators that are so committed to achieving results for our students."

CONTRIBUTED

Centennial school of business offers general programs such as accounting, marketing, management, as well as specialist programs such as paralegal, contact centre operations and international business.

"Our goal at Centennial is to develop in our students a natural curiosity for learning that they can carry with them throughout their working lives," O'Brien says.

"While we feel it is important to ensure our graduates have basic skills such as problem solving, critical thinking and numerical literacy, we also know that throughout their lives the average student will move through several jobs and many new challenges."

O'Brien says another interesting element to Centennial school of business is the bachelor of commerce degree conferred from Nipissing University. This unique arrangement allows students to study where they live and, in an additional 12 short months, can cap off their Centennial experience with an Ontario university accreditation.

"Truly this is the best of both worlds," O'Brien says.

For more information about the school of business, visit centennialcollege.ca.

NEW DEAN

Barry O'Brien, dean of Centennial College school of business, comes to Centennial after being employed by York University since 2003. He was a course director at York and taught a number of courses in business, government relations, business strategy and international commerce.

In 2013, O'Brien received two awards from excellence in education for consistently receiving exceptional evaluations from students.

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MLB

Jays' Stroman three-hits Cubs

Jose Bautista hit a three-run homer and Marcus Stroman threw a three-hit shutout as the Toronto Blue Jays defeated the Chicago Cubs 8-0 on Monday night at Rogers Centre.

Bautista's no-doubt blast in the fifth inning was his 32nd homer of the season and 200th as a Blue Jay. It provided more than enough run support for Stroman, who had eight strikeouts and didn't walk a batter.

The rookie right-hander gave up a single to Jorge Soler in the second inning and retired 19 straight before allowing a single to Mike Olt in the eighth. Stroman (10-5) threw 66 of his 93 pitches for strikes in the first complete-game victory of his career.

THE CANADIAN PRESS

NFL

Ravens cut Rice over video of him striking fiancée

Ray Rice was let go by the Baltimore Ravens on Monday and suspended indefinitely by the NFL after a video was released showing the running back striking his then-fiancée in February.

The grainy video, released by TMZ Sports, shows Rice and Janay Palmer in an elevator at an Atlantic City casino. Each hits the other before Rice knocks Palmer off her feet and into a railing. Months ago, a TMZ video showed Rice dragging Palmer, now his wife, from the elevator at the Revel casino, which closed Sept. 2.

THE ASSOCIATED PRESS

Cilic returns to win the U.S. Open title

Lopsided. Croat takes less than two hours to overpower Nishikori in straight sets

metro AR Marin Cilic of Croatia reacts after defeating Kei Nishikori of Japan to win the U.S. Open men's singles championship on Monday in New York. Cilic defeated Nishikori by a score of 6-3, 6-3, 6-3. Use the Metro News app to scan the image above and see a gallery of the match. ELSA/GETTY IMAGES

Unable to play in the U.S. Open a year ago because of a doping suspension, Marin Cilic is now the tournament's champion.

Croatia's Cilic won his first Grand Slam title by beating Japan's Kei Nishikori 6-3, 6-3, 6-3 on Monday at Flushing Meadows, using 17 aces — including four in one game — and the same powerful groundstrokes that helped him eliminate Roger Federer in the semifinals.

"This is (from) all the hard work in these last several years, and especially this last year," Cilic said during the on-court ceremony, when he kissed his silver trophy and collected a check for $3 million US.

The 14th-seeded Cilic prevented the 10th-seeded Nishikori from becoming the first man from Asia to win a major singles championship.

"Sorry I couldn't get a trophy today," Nishikori said, "but for sure, next time."

There hadn't been a matchup between players making their Grand Slam final debuts at the U.S. Open since 1997. Lopsided and lasting less than two hours, this hardly qualified as a classic.

"Both of us were pretty nervous in the first set especially," Cilic acknowledged. "When we got ourselves going, it was a bit better."

Nishikori stunned No. 1 Novak Djokovic in the semifinals, and this was the first Grand Slam final since the 2005 Australian Open without Djokovic, Federer or Rafael Nadal, who won the U.S. Open in 2013 but is sidelined now by a wrist injury. That trio had won 34 of the past 38 major titles, but this was the second of this season that eluded them.

Some, including Cilic, had seen Stan Wawrinka's victory at the Australian Open in January as an indication that the next tier was about to get a crack at the hardware.

Cilic, whose only previous trip as far as the semifinals at a major came at the 2010 Australian Open, used the forced break from competition to improve his game. And that work was on full display the past two weeks — particularly Monday, under thick grey clouds and in a strong breeze.

Both six-foot-six Cilic, who is 25, and the five-foot-10 Nishikori, 24, are coached by someone with a Grand Slam title: 2001 Wimbledon champion Goran Ivanisevic, the last Croatian man to win a major, works with Cilic; 1989 French Open champion Michael Chang works with Nishikori.

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Suspension

Twelve months ago, Cilic missed the U.S. Open while serving a four-month ban after testing positive for a stimulant at a tournament in Germany in May 2013.

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Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Find something constructive to do today. The full moon makes disputes easy to come by, so find ways to stay out of trouble!

♉ Taurus
April 21 - May 21
If a dispute over a career or family matter seems to be dragging on, now is the time to settle your differences. It's not a case of one side winning and the other losing.

♊ Gemini
May 22 - June 21
Actions speak louder than words, so if you have fallen out with a friend or colleague do whatever it takes to get past the situation.

♋ Cancer
June 22 - July 23
The planets indicate that though you may have failed at one thing in recent weeks you have learned enough to make sure that next time you will succeed.

♌ Leo
July 24 - Aug. 23
Some people delight in getting ahead at other people's expense and you are likely to encounter one such individual today. Keep your wits about you.

♍ Virgo
Aug. 24 - Sept. 23
You have become a lot more assertive of late but the full moon warns you need to balance that assertiveness with a large dose of wisdom.

♎ Libra
Sept. 24 - Oct. 23
Sheer force of personality will see you past whatever obstacles block your path over the next 24 hours.

♏ Scorpio
Oct. 24 - Nov. 22
You are going through a positive phase at the moment, so if there are things in your life you want to change now is the time.

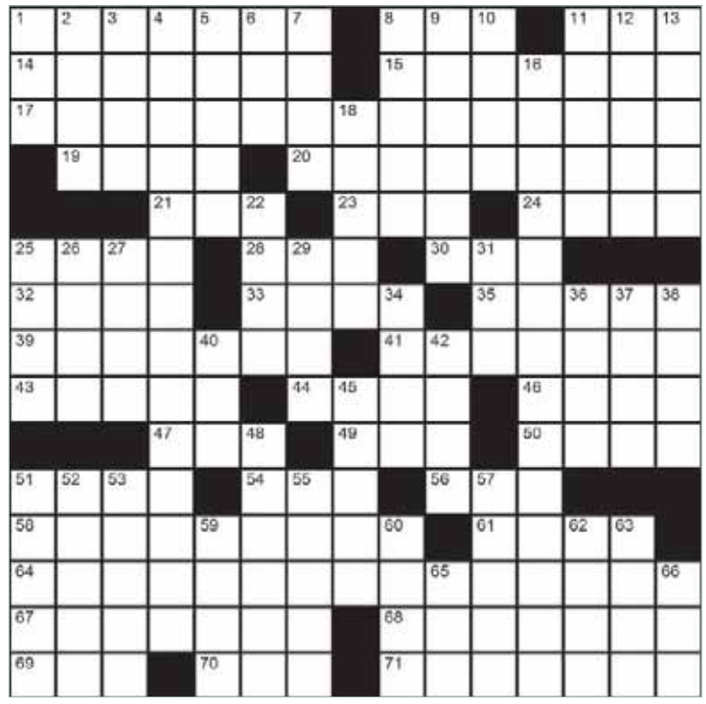
♐ Sagittarius
Nov. 23 - Dec. 21
Tread carefully when dealing with employers and other authority figures over the next 24 hours. You may feel you are on solid ground but today's full moon could upset things.

♑ Capricorn
Dec. 22 - Jan. 20
You are of the opinion that standards have slipped and you intend doing something about it. Before trying to change others though maybe take a look at yourself.

♒ Aquarius
Jan. 21 - Feb. 19
If you feel that you are being treated unfairly you must speak up about it – loudly. Those who make the biggest noise often get the biggest slice of the pie as well.

♓ Pisces
Feb. 20 - March 20
A certain person may seem trustworthy but if your instincts tell you to be careful you should know better than to go against them.

Crossword: Canada Across and Down by Kelly Ann Buchanan



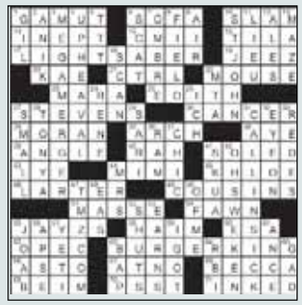
Across

1. Feline's foot, in other words
8. Ms. Reinking
11. "Growing Pains" Canadian star ...his initials-sharers
14. Like Jeff Bridges' brother
15. Acerbic
17. Suspect's image based on an eyewitness' memory: 2 wds.
19. Norse fate goddess
20. __ Building (Toronto's triangular 1892 flatiron landmark)
21. That: Spanish
23. "... __ _ woodchuck could..."
24. Disallow
25. Sonic sound
28. Congeal
30. Who: French
32. Gumbo
33. Fertilizer component
35. "The __" (Early-1900s medical drama, on HBO Canada)
39. Canada __ (In Antarctica's Victoria Land)
41. Mr. Smith of "Rookie Blue"
43. Electronics giant
44. "Vamoose!"
46. Man _' __ (Legendary racehorse)
47. Wood sorrel
49. Gone†by
50. California wine valley
51. Wee moo-er
54. "Am _ __ brother's keeper?"
56. Time as yet unknown [acronym]
58. Pusher's world: 2 wds.
61. Slightly unshut
64. David Foster's workplace: 2 wds.
67. How some bets are undertaken: 3 wds.
68. Protecting person
69. Puny peaks
70. Big Apple hockey team [acronym]
71. Feminine/Masculine

Down

1. Certain crown corp.
2. "__ Flux" (2005)
3. __-_'-shanter
4. "Whereas Canada is founded upon principles that recognize the __ __ __ and the rule of law." - Canadian Charter of Rights and Freedoms
5. Subatomic particles
6. Burdened beast
7. The Kingston __-Standard (Kingston, ON newspaper)
8. __ __ Base's "The Sign"
9. Where BBRY is traded
10. Zap
11. "Night __ Museum" (2006): 2 wds.
12. Argo's rival
13. Doofus
16. Canadian's duty to the Court when called: 4 wds.
18. Pastoral-patterned fabric
22. Chill
25. Wetlands
26. Tulsa's locale, briefly
27. Algeria port city
29. Misjudges
31. Mini-looking guitar
34. Awestruck
36. American state
37. Holy __ ("Dragons' Den" deal-getting cereal)
38. Ms. Sedgwick
40. Sports gr.
42. Beginning
45. Joseph __, 'Father of the Symphony'
48. Un-wet hair naturally
51. Computers: _ _-__
52. "__ you the clever one!"
53. Filmmaker George
55. "Finding Vivian __" (2013)
57. Doesn't __ __ eye
59. Start to 'script' or 'scribe'
60. Like omelets
62. __ _ pinch of salt (Recipe step)
63. Nothing: French
65. Fashion designer Anna
66. Assn.

Yesterday's Crossword

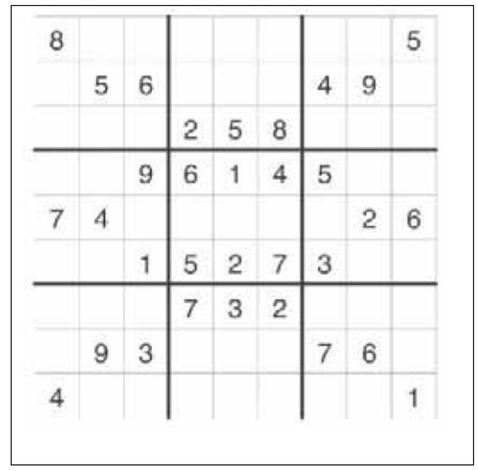


Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

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Dove believes every age should allow women to feel beautiful, instead of anxious. And today we begin our 50-day, 50 woman celebration to help change attitudes toward aging. Each day we will mark another woman's birthday, in celebration of beauty at every age. And in celebration of our 50th year here in Canada.
DoveBeautifulAge.ca

Dove | 50 beautiful years